Brough Park Running Club Couch to 5K (28.04.18)

Another fantastic turnout, exceeding the previous high - exactly one year ago - by more than a handful; with a gulf between the GB representative, Jason Burgess, at the head of the 5K and the rear guard, taken up by new entrant, Suzanne Mellor.

However, it is that guard which changes frequently, whom put in their own amount of effort as they seek progress. Everyone has to start off somewhere and we wish all our entrants the very best as they move on to reach and pass their aspirations.

During the first loop there was a mass of eighteen juniors and escorts bunched together as they approached the cut-off-point; a short gap and another six, all pushing on, around that bend to make their mark on more than the shortest distance.

Not everyone is able to move onwards and upwards, others drop down from dizzy heights to aid friends or family. One of these, Daniel Knowles had an easy start to the event, as he escorted niece, Ellie Dent (6), around the 800m route in 6.57, while v70, Zena Cope followed her two mid-week training sessions with a Saturday event and an improvement to 12.29, knocking a minute off last Wednesday’s time.

The 2.2K was headed by running partners Imogen Phillips (10) and Ella Tideswell (11) in 9.06 and 9.10, reducing their last week’s PB by a hundred seconds.

Unfortunately, five-year-old Bleu Bailey dropped back twenty seconds from her last event best time. The Grimes trio of Gina and twins Oliver and Jessica (4) also had a slower event in 14.15; with another trio of Pippa Waddell (6), Sophie Hinton (3) along with latter’s mother, Rebecca, suffering a similar fate in 14.31.

Seasoned runner, Jamie Carney ambled around with Kiera (10) to her first event time of 15.10.

Ten-year-old, Oliver Bailey, led the 2.2K with a slightly faster time than last week of 9.36; while George Bridgewood (10) was once again a minute in arrears, in an almost identical time of 10.28.

James Burgess (7) took up an early challenge from Edward Dodd (8), with the latter almost passing him on the line in 11.27, following a spirited finish; with Luke McMullen perusing them to knock eighty seconds off his PB to 11.41.

Eden Pigott ran a solo event in 12.24, with a trio of John Grimes, niece, Evie Locket (8) and son, Jack (7), just thirty seconds behind which gained Jack a PB of twenty alongside of Laurie Hinton (6) - still unable to run freely with his arm in a sling.

There was another group just twenty seconds later, consisting of Emily Jones (8), Alex Poulton (14), in addition to Noah Phillips (7) and Ben Geens (8), who let their first-lap pacemakers continue on; Josh Webster (7) finished alongside and gained a PB of seventy six seconds after pulling away from sister, Rian (8) and father, Nick, whom also gained PB’s, of forty in 14.12.

Rebecca Dodd returned after a brief absence and was joined by son, William (6), after she overcame the first incline, and paced alongside almost to the line, where mother completed the route thirty seconds from her best in 14.24, with Martha Williamson (7) just fifteen in arrears.

Kyla Tideswell escorted son, Max (4), to a PB of just one second in 16.16; while an 18.09 time saw Wendy Waddell cross the line just ten seconds from her best, attaining a fifty second improvement over her last outing; whereas Sandra Mollatt was unable to match her last week’s effort finishing a minute ahead of Elodie Keneally (5) in 18.44, while Joshua Eames trailed in couple of minutes later.

Adam Geens cut his usual distance short to complete the 3.6K in 20.34; with v50, Alex Tomlinson reducing her last week’s PB by two minutes to 25.07 and v40, Beverly Sloan reducing hers by almost thirty seconds to 27.44.

Newbie’s, Teresa Morrison and John Corn paced round together in 26.51.

Jason Burgess used the park 5K as part of his training for the Obstacle Course Racing European Championship in June, and eased around a minute from his best in 19.20; his pace pulled along Danielle Frewer (14) to a PB by two dozen seconds in 20.53, which was ten seconds of his adversary, Isaac Elkington, and Martin Pigott a further thirty in arrears.

Local club runner, Mark Sharrock, completed his first event in 22.33, which was seventy seconds ahead of Dave Edge, who reduced his previous week’s efforts by a score.

Despite registering on-line six months ago, Martin Phillips attended and completed the full distance in 24.35, with Karl Birch a stride away and Alicia Earnshaw a further thirty seconds behind is her first event.

David Hinton managed to weave his way out of escort duties once again to push on to a PB by eighty seconds in 25.48; with John Lagan ten seconds adrift and forty from his best; which may be attributed to a relaxing fortnight on a foreign, sunny beach.

Another new entrant, Andrew Barlow, eased himself into the event in 26.09, which was just four seconds ahead of an improvement for Paul Goldstraw; with another newbie, Dominic Gallimore, a further two dozen behind.

Continuing his helpful morning, Dan Knowles ran along with Richard Dodd to reduce his PB by almost a minute to 26.59; Ian Frewer followed around ninety seconds later and crossed the line a couple of seconds from improving his best time.

V70, Bill Mould dropped back a little to 29.31, while Claire Williamson improved on her previous outing to 30.23, which was half dozen seconds ahead of Joe Phillips; with Oscar (13) and Matthew Love a further minute behind, which saw the young man improve his last outing’s time by over seven minutes.

Sara Garde gained a PB of ten seconds in 32.36, which was two minutes ahead of a slight improvement for Dawn Brown; with newcomer, v60, Susan Mellor, seeing the sense in attending a local event rather than driving to the Potteries, and gained a 5K PB in 37.17.

Thanks to Jack Bray, Karen Burgess and Sam Goldstraw who coped with the new routine with admirable adeptness.